

Dr. Dipti Shah

(MD Psychiatry)

Dr. Dipti Shah (Gada) is Consultant Psychiatrist practicing in Mumbai for more than 20 years. She completed her MD in Psychiatry from Sion Hospital, Mumbai with a Gold Medal from Mumbai University.

Grooming Minds – A Super-Speciality Brain Centre is a brain child of Dr. Dipti Shah. It is a Multi-Disciplinary Mental Health Clinic which offers services to all age groups from infants to Senior Citizens under one roof. Her team has Psychologists, Counselors, Occupational Therapists, Speech Therapist and Remedial Teachers. Treatment for Depression, Anxiety, Stress, OCD as well as Counseling for Adolescence, Marriage, Family issues is offered at her centre. She has a special set-up for Child Psychiatry Services wherein at her centre, she provides various therapies to children and adolescents

Dr. Dipti has set up the Autism Centre at Sulabha Special School to help underprivileged children become independent and live a dignified life.

She is very active in **spreading awareness about child/ adolescent and women related mental health as well as mental health in general**. She has delivered more than 500 talks and workshops till date. She **writes articles** in newspapers and has also **published books for public awareness**.

For young adults she conducts workshops on Pre-Marriage Counseling, Stress Management as well as Gadget Addiction.

Recently she was awarded the prestigious **Times Healthcare Achievers' Award** by the Times of India group for her relentless services in the field of Mental Health. She has also been awarded the Kutch-Ratna and Kutch-Kohinoor Awards. She has rendered exemplary services to maintain positive mental health during the pandemic by being a part of various Helplines like: AIPC Helpline, Wellbeing Volunteers United, SPM JYF Helpline.